



Gratitude Practice Tip Sheet

Writing down the things you're grateful for is a great tool to help you begin to change your mindset.

Instructions: 2-3 times a week, write down 3-5 things—these could be people, sensations, or experiences—for which you are grateful. Explain in detail why you are grateful for these things. For example, don't just list a person's name who is a nice person. Explain why you are grateful to have them in your life. Use the space below for this purpose, or start keeping a notebook.

Prompts to get started: These are optional prompts you can use if you are having trouble getting started.

I am grateful for my family because:

I am grateful for my friendship with _____ because:

I am grateful I experienced _____ because:

I am grateful for who I am because:

I am grateful I have the skill/ability to _____ because:

I am grateful I was challenged by _____ because:

I am grateful for where I live because:

I am grateful to have learned _____ this week because:

Date:

